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Your essential daily news | WEDNESDAY, JUNE 22, 2016

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**'SACRED'**

Prayer ribbons placed at Chaudière bridge in the morning are gone in the afternoon — why? **metroNEWS**

HALEY RITCHIE/METRO

# Mayor softens on supervised injection sites

HEALTH

Board voted 9-2 this week in favour of the facilities



Lucy Scholey  
Metro | Ottawa

It now seems less likely that Ottawa Mayor Jim Watson will be standing in the way of a supervised injection site.

The mayor — who has long opposed such facilities — softened his stance after the city's Board of Health voted 9-2 in favour of safe injection sites this week.

"Regardless of my views, I respect the role of Ottawa Public Health and of our Medical Officer of Health, and I believe the Board of Health is the appropriate venue to hold an important medical debate into this complex and city-wide issue," he said in a statement sent by his spokeswoman Livia Belcea.

Watson has long said he prefers addiction treatment programs over supervised injection sites.

Coun. Shad Qadri, who chairs the Board of Health, and Coun. Michael Qaqish were the two dissenting votes on the staff recommendation. Qaqish said he would rather the city consult with the public before taking a stance on supervised injection sites.

Consultations will start this summer and more details will be released in the coming days.

Dr. Isra Levy, the city's medical officer of health, said the consultations will be "entirely neutral." Levy has spoken out in favour of the facilities.

Meanwhile, the Sandy Hill Community Health Centre will use Board of Health's blessing to bolster its application to the federal government for a safe injection site.

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ENTREPRENEUR

Refugee sets sights on vision-care crisis



Adam Feibel  
Ottawa Business Journal

An Afghan student at Carleton University is working to bring to life a startup that aims to address one of his homeland’s “silent epidemics.”

Ever since he was in the eighth grade, Babur Jahid said he has had an “insatiable hunger and passion for health care.” Born and raised in Kabul during the Taliban regime, the 20-year-old says he saw “a lot of people suffering.”

Among Afghanistan’s biggest health-care crises is poor access to eye care.

According to the World Health Organization, an estimated 1.5 million Afghans are visually impaired, and almost 500,000 are completely blind. The issue imposes an economic burden of about \$100 million per year on a country that’s ranked among the least developed in the world.

He plans to launch his social enterprise, You See Clear, this summer.

Established last year by Jahid and fellow Carleton student Rory Jipp, You See Clear will provide eyeglasses to Afghans for as little as \$2 per pair.

They plan to work alongside two U.S.-based social enterprises that will provide the eyewear and equipment needed to set up eye clinics in Kabul and elsewhere throughout Afghanistan.

# Pitch (im)perfection

MUSIC

Choir for people who can’t sing meets at church weekly

Can’t sing? That’s not a problem for the Pitch (im)Perfect singers — that’s exactly who the group is looking for. Every other Wednesday night a group of singers — many who admit they can’t sing, but like doing

it — gather at the Kitchissippi United Church at 7 p.m. for 90 minutes of laughs, swaying and bobbing and, of course, singing.

“I like to sing, but I’m no singer,” says Yusuf Osman, who started the group with his family.

According to a study released earlier this year by Tenovus Cancer Care in the U.K. and the Royal College of Music, singing in a choir for an hour boosts immune system activity in cancer patients and caregivers.

It can also reduce stress and

improve your mood.

Having had cancer, the research hit home with Osman. He wondered if he could have recovered faster, had something like Pitch im(Perfect) existed.

Between reading about the benefits of singing in a group and feeling like his life lacked a creative outlet, he thought he would start a choir for people who can’t sing, or for people who can, but don’t want to deal with the pressures of performing or auditioning for a choir.

“So much of our society — work or parenting — is full of the pressure to perform, the pressure to do better. This is a place where not being good is good enough,” he said.

Linda Seguin, who lives in south Ottawa, loves that Pitch (im)Perfect gives her the opportunity to let loose.

“You get such a good feeling from singing with a choir and you don’t (often) get that opportunity,” Seguin said.

“We all sing home alone in the shower, but with a group

it has a different energy and it makes you feel good.”

The group sings popular songs from Justin Bieber to Dean Martin.

The idea to focus the set list on a theme has taken off since the group started getting together. Next up, for the meeting on June 29, will be songs by Canadians. The season of singing wraps up on July 27.

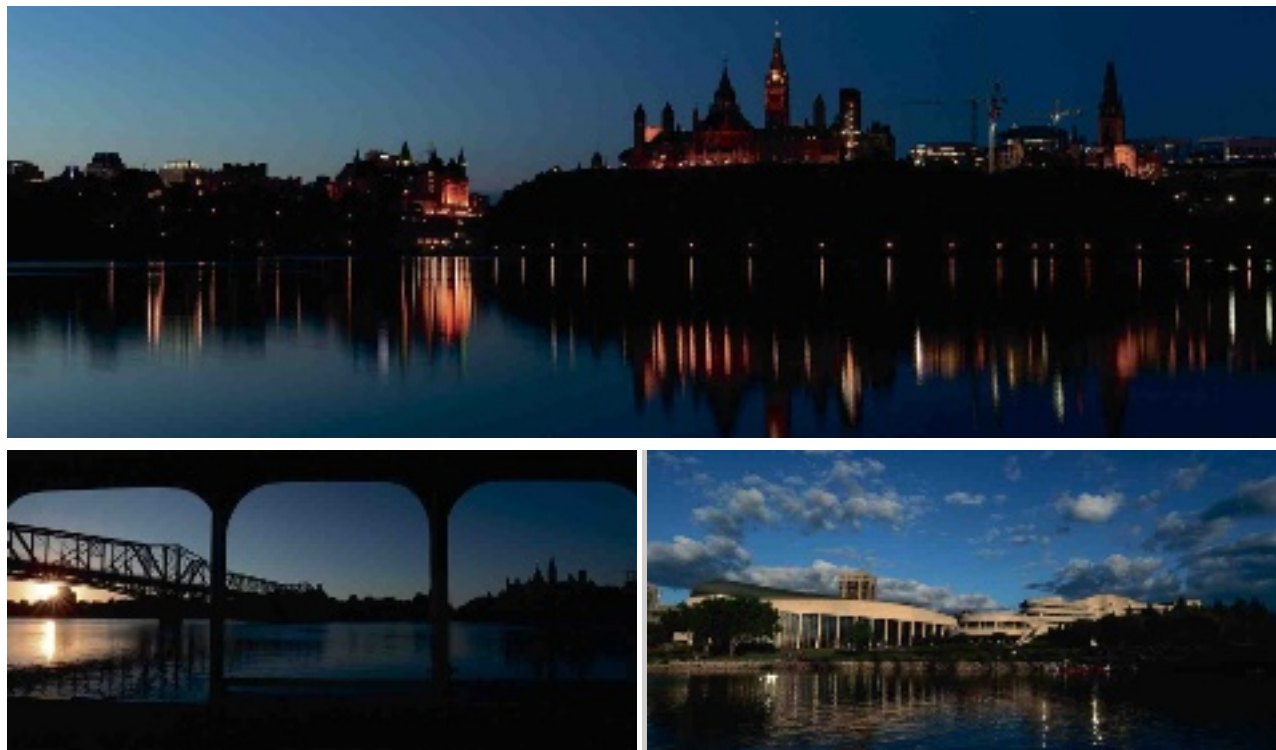
Osman is hoping to restart in September, perhaps with rotating locations.

MELISSA MURRAY/METROLAND MEDIA

## In the morning light

A serene moment in the nation’s capital as the sun begins to slowly rise over the Ottawa River early Tuesday morning.

SEAN KILPATRICK/  
THE CANADIAN PRESS



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# Prayer ribbons keep returning

## CULTURAL HERITAGE

### Demonstration is a 'prayer' for preserving sacred site



**Haley Ritchie**  
Metro | Ottawa

A rainbow of colourful scraps of fabric fluttered in the breeze along the Chaudière bridge on Monday morning — but by that afternoon, they were gone.

It's a pattern that has been repeating itself for three weeks — groups of people tie on the ribbons and every Monday staff from the federal Public Works department cut them off.

"It's disappointing that they're taking them down, but I guess they're doing their job and not understanding," said Lynn Gehl,

a local Algonquin woman and author who is part of a group that wants to see the surrounding islands and waterfall preserved as a cultural heritage site.

The Windmill Development Group — which did not ask that the ribbons be cut down and says the group is free to express itself — is planning a mixed-use community on Chaudière and Albert islands. The project has support from some Algonquin groups but is opposed by others, who say the falls are sacred and the dam should be removed.

Gehl said the "strawberry moon ribbons" are prayers for the future of the site.

"It's more spiritual than it is associated with an advocacy group," said Gehl.

"A lot of people think believing in the sacred is trivial. Sacred beliefs are really important; inside them there's a mehl said the ribbons represent the Algonquin story of Wenonah,



**Sacred beliefs are really important; inside them there's a moral code.**

Lynn Gehl

the first woman and her four sons. One of her sons, named Pukawiss, gave the people the gift of dance, drama and colour — represented by the colourful pieces of fabric.

Pierre-Alain Bujold, a Public Works spokesperson, said the ribbons have been continually taken down because the department requires any organization to get permission as a matter of "health, safety and stewardship."

Bujold said groups should contact the Public Works bridges facility manager to obtain permission to hang any type of banners, flags or objects.



The Chaudière Bridge or Union Bridge — connecting Chaudière Island and Gatineau — was covered in bright strips of fabric on Monday morning. The display was later removed by Public Works. **HALEY RITCHIE / METRO**

## IN BRIEF

### Former Olympians decry mega-playground

Former Olympians and local athletes are signing their opposition to a giant playground planned for Mooney's Bay Park.

Former Olympic rower Laryssa Biesenthal, three-time Olympian Iain Brambell and the Ottawa Athletic Club Racing Team are among a crew of 15 calling for the mayor and city councillors to bring the park back to its original state and relocate the playground. Construction crews have already begun work at Mooney's Bay Park, slated for the country's largest playground.

LUCY SCHOLEY / METRO

### Memorial planned for slain politician

A memorial to honour murdered British MP Jo Cox is being organized in Ottawa for Wednesday.

Cox, a member of the Labour Party, died on June 16 after being attacked and shot outside a library in Birstall, West Yorkshire.

HALEY RITCHIE / METRO

# 5 shows to catch at the Jazz Fest

## 1 Brian Wilson's Pet Sounds tour

It's been 50 years since the Beach Boys released Pet Sounds, and Brian Wilson is bringing it back to life this summer during an anniversary world tour. The show is on Jazz Fest marketing co-ordinator JM Francheteau's do-not-miss list, since "there's a good chance I'll never get to see him again," he said. Wilson and fellow former Beach Boys Blondie Chaplin and Al Jardine take the main stage July 3 at 8:30 p.m.



## 2 Colin Stetson's Sorrow

Only six cities in the world lay claim to American musician Colin Stetson's latest project, a reimagining of Polish composer Henryk Górecki's 3rd Symphony, also known as the Symphony of Sorrowful Songs. Stetson has pulled 11 musicians together to recreate the haunting piece, and Francheteau said it's "kind of a big deal" to have it at the festival. Stetson plays 9 p.m. on June 27 at the NAC Studio.



## 3 Sharon Jones and the Dap-Kings

This is an "absolute party" you don't want to miss, Francheteau said. Despite battling her second bout of cancer, Francheteau said Jones seems to have even more energy than usual on her festival tour this year, and he has no doubt Ottawa's show will be as lively as ever. "They've been killing it on festival stages for the past decade now," he said. The group will play the main stage at 8:30 p.m. on June 26.



## 4 Kamasi Washington

Festival organizers wanted this guy so badly they changed their dates to get him. This rising star is one of the hottest jazz acts this year, and he's the only one playing on June 22 — because the festival was supposed to start June 23. Washington has become a darling with music critics this year as he bridges the divide between jazz and pop and hip hop. Washington plays the NAC Theatre Wednesday at 7 p.m.



## 5 Jazz jammin'

Perhaps the jazziest part of the TD Ottawa Jazz Festival is the daily late-night jam session at the Lord Elgin Hotel's G41 restaurant, starting at 10:30 p.m. A house band including Canadian guitarist Roddy Ellias will lead the free show, but all festival performers are invited to join in, so you never know who might show up. Those free sessions take place from 4 to 5 p.m. on June 25, 26, 29, 30 and July 2 and 3.



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## EMPLOYMENT

# Calgary's goats get to work munching weed



**Helen Pike**  
Metro | Calgary

These aren't country goats, they're city goats — City of Calgary employees in fact.

On Monday, the herd moved into their new urban digs and got straight to work munching locally grown, possibly organic, Canadian Thistle as part of a three-week pilot project. The city will be seeing how the cool kids will work in managing invasive weed species the natural way: by tasting them as a snack and destroying their seeds through their digestive tracts.

"We're interested in exploring alternatives to using herbicides, for example, and we're also seeing if they can do some things for the healthy landscape as well," said Chris Manderson, urban conservation lead for Calgary Parks.



**This goat is munching on Canadian Thistle.** METRO

The goats are also handy to have around in hard-to access areas that are tough for maintenance equipment and personnel to reach safely.

"It makes me feel pretty happy, it's cool to see them on the landscape. It's cool to see what they do," said Manderson who noted he never thought he'd be holding a goat-themed press conference.

## VANCOUVER

# A food market inside a shipping container



**Wanyee Li**  
Metro | Vancouver

A Vancouver chef and entrepreneur is creating a new food market made out of shipping containers that aims to help customers connect with local makers of food, from farmers to chefs.

"They're all local businesses, they're all from Vancouver, all focused on very traceable foods," said Chris Jerome, founder of Hawkers Market, a series of popup events he describes as "underground food markets."

The site will also feature an incubator kitchen for chefs to connect and test out their

products before bringing the product to customers.

Shipping containers have been used to create housing before, but Jerome wanted to take that idea one step further and create an entire marketplace with the structures.

The containers are customizable and can suit any restaurateur's needs, whether they make tacos or pizzas, he said.

"The reason why we chose shipping containers is because these are modular template businesses that can be operated by food entrepreneurs."

Decommissioned shipping containers are also economical building blocks that are easily transportable.

"We treat them very much like Lego blocks."



**Prime Minister Justin Trudeau paddles in a canoe on the Ottawa River after the National Aboriginal Day Sunrise Ceremony in Gatineau, Que., on Tuesday.** SEAN KILPATRICK/ THE CANADIAN PRESS

# Trudeau pays tribute to indigenous people

## NATIONAL ABORIGINAL DAY

## PM bathed in smoke, before paddling in canoe in river

Prime Minister Justin Trudeau was in vintage form Tuesday as he took part in a ceremony marking the 20th annual National Aboriginal Day.

Trudeau attended a sunrise ritual on the shore of the Ottawa River wearing moccasins and a buckskin jacket that the Prime Minister's Office said was owned by his father, the late Pierre Elliott Trudeau.

The former prime minister was known in his younger years

for donning buckskin before venturing out on canoeing expeditions in Canada's far north.

As the sun rose beyond a bridge linking Quebec and Ontario, the younger Trudeau was bathed with a ceremonial smoke as part of a smudging ceremony before paddling beneath the Parliament Buildings in a 10-metre cargo canoe.

The federal government began observing National Aboriginal Day on June 21 two decades ago.

Trudeau didn't speak publicly at the event, but issued a statement in which he encouraged Canadians to learn more about the country's indigenous heritage.

"National Aboriginal Day is first and foremost an occasion to celebrate the fundamental



**Coast to coast to coast, their remarkable art and cultures, significant contributions and history, are essential to our sense of nationhood.** PM Justin Trudeau

role First Nations, Metis, and Inuit have played — and continue to play — in shaping the identity of all Canadians," the statement said.

"Coast to coast to coast, their remarkable art and cultures, significant contributions and history, are essential to our sense of nationhood."

Trudeau also pointed to a rash of recent suicides in some aboriginal communities, and the feelings of despair felt by some indigenous Canadians, as reasons

for governments to "better support the well-being of children and families, improve the quality of education for indigenous students, and ensure health services meet the needs of indigenous communities."

Elsewhere in Ottawa, the Senate's Aboriginal Peoples committee opening its doors to 12 indigenous youth leaders from across Canada to hear their concerns about the future of their communities, their families and their people. THE CANADIAN PRESS

## RETIREMENT

# CPP deal was swift in policy-making terms

In two and a half years, Canadians will gradually start paying more premiums into the Canada Pension Plan.

In several decades, supporters say the "historic" CPP deal reached Monday between Ottawa and most provinces will boost retirement security for future generations.

But by policy-making standards, the agreement-in-principle happened in the blink of an eye.

Even the federal finance minister, a pension expert, had given himself until the end of the year to finish up negotiations.

Instead, the provinces are now

being asked to finalize an agreement by July 15 that will eventually increase contributions and retirement benefits through the public plan.

Following weeks of talks and an all-day meeting in Vancouver on Monday, finance ministers emerged with the agreement-in-principle.

Even provinces such as Saskatchewan and British Columbia, which had expressed concerns about the timing of CPP reform, had signed on. Only Manitoba and Quebec declined to agree to the terms.

The agreement came togeth-

**It's really historic — I never thought this moment would come.**

**Hassan Yussuff, president of the Canadian Labour Congress**

er as pollsters pointed to overwhelming popular support for public pension reform.

The federal Liberals ran on platform to upgrade the public pension system, as did their

Ontario cousins.

How did this all happen so quickly?

Sources familiar with the talks said doubters had concerns about the potential economic impact of boosting the CPP. They said Ottawa made a major push in the final days and hours, which helped secure enough country-wide support. To make the change, they needed consent of a minimum of seven provinces.

The sources also suggested Prime Minister Justin Trudeau himself was involved in the extra effort. THE CANADIAN PRESS

## COFFEE

# Little latte lawsuit to proceed: Judge

A federal judge is allowing the bulk of a lawsuit accusing Starbucks of systematically under-filling lattes to move forward.

Two California residents are suing the coffee chain, claiming that Starbucks lattes are only filled to about 75 per cent of the cup's capacity.

The lawsuit says Starbucks instituted a recipe



ISTOCK

in 2009 to create smaller lattes in order to save money on milk.

Starbucks spokesman Reggie Borges says that the company believes the lawsuit is "without merit" and it will be prepared to defend itself in court. He says if a customer is unhappy with their beverage, Starbucks "will gladly remake it."

THE ASSOCIATED PRESS



# Beckhams voting to remain

## UNITED KINGDOM

### Referendum closing in as Cameron tries to sway voters

From the prime minister to sports and pop icons David and Victoria Beckham, supporters of Britain staying in the European Union urged voters Tuesday to think about future generations when they cast ballots in a referendum that has divided the nation.

With the black door of 10 Downing St. offering a statesman's backdrop, Cameron appealed directly to EU-wary older voters, saying that leaving the bloc would risk the country's economic security — and younger generations would have to live with the consequences.

"Do think about the hopes and dreams of your children and grandchildren," he said. "They can't undo the decision we take," he said. "If we vote out, that's it. It's irreversible."

The plea came as the already heated campaign moved into its tense final days. Opponents



**David Beckham is voting for Britain to remain in the EU on Thursday.** THE ASSOCIATED PRESS

said the statement outside the prime minister's residence betrayed Cameron's worry that the referendum he called to settle Britain's place in Europe could end with the country walking away from the bloc.

Steve Hilton, a former Cameron adviser who now backs a "leave" vote, said Cameron had been "wheeled out by rather panicky spin doctors" to appeal



**PM David Cameron is trying to appeal to Britons considering voting to leave the EU to stay, saying "think about the hopes and dreams of your children and grandchildren."** THE ASSOCIATED PRESS

for votes.

Cameron seemed to direct his appeal at those who grew up in the after-shadow of Britain's imperial period, in a nation that had stood against Nazi tyranny during World War II. Polls suggest these voters, many of them Conservatives, are more likely than younger Britons to reject the pan-European EU project.

Cameron tried to assure

them that Britain remains a great country — even if it is part of a 28-nation bloc — and that being in the EU allows the country to promote the values it holds dear.

"Brits don't quit," he said. "We get involved, we take a lead. We make a difference. We get things done."

Cameron acknowledged that many Britons didn't vote for him



**We should be facing the problems of the world together and not alone.**

David Beckham

and don't like him.

The "remain" camp also got a boost from more popular — and populist — figures when soccer star David Beckham and his designer wife Victoria added their voices to the EU cause.

"For our children and their children, we should be facing the problems of the world together and not alone," he said.

Former Spice Girl Victoria Beckham later registered her view by posting the symbol of the "Stronger In" campaign on her Instagram page.

The "Leave.EU" group had suggested that Victoria Beckham was a supporter of their side based on a 1996 interview with The Spectator in which she was quoted as deriding Brussels bureaucrats and saying that "we must keep our national individuality." THE ASSOCIATED PRESS

## Celebrities' vote on Brexit

Beside David and Victoria Beckham, here are some notable Brits' expected votes on Thursday's referendum.

### VOTING TO REMAIN

#### 1 Benedict Cumberbatch



#### 2 J.K. Rowling



### VOTING TO EXIT

#### 3 Elizabeth Hurley



#### 4 Michael Caine



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## U.S. SENATE

### Obama denounces gun deal failure

President Barack Obama is denouncing the Senate's failure to pass gun control measures in the aftermath of the mass shooting in Orlando, Florida.

Obama says on Twitter that the Senate failed the American people. The White House has said previously that tweets from

his account are from Obama himself.

White House spokesman Josh Earnest says the vote is "a shameful display of cowardice" He told CNN on Tuesday that the Republican-led chamber's blocking of four gun control proposals Monday does nothing

to keep extremists from acquiring guns.

Earnest said lawmakers lament gun violence but "don't do anything about it." He said that while no bill can prevent all gun violence, "why wouldn't we do more?"

THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD **ON HOW TO BE A WIFE**

## SO NOW WHAT WILL 'I DO'?

I've spent my adult life identifying as an uncompromising feminist, but in preparing for marriage and its innumerable compromises, I'm forced to figure out how to pick my battles

It's a strange thing to be on the brink of "wife."

Over the last two years, as I have fallen in love and become engaged, I've had to face the idea of marriage, an institution which, though released from its former function as a means of owning a woman or legally raping her, remains awkward for the liberated woman.

There seem to be three in this relationship: Myself, my fiancé, and my feminism. And while the latter played a clear and dominating role when I was a single woman, it has seemed unequipped for — even hostile to — love.

That has sparked a genuine period of panic and doubt: How does one square her feminism with "the wife"?

Statistics don't help. Excerpting her new book, *All the Single Ladies*, in *New York* magazine this spring, Rebecca Traister detailed how married women's earnings in the U.S. trail single women's by a wide margin. In Canada, married men out-earned married women by nearly \$20,000 on average in 2008. And for couples with kids, even when both parents are working, Canadian women in 2010 were spending at least 20 hours a week more than men on unpaid child care.

This is not far from where we were a decade ago. In 2004, in her book *The Meaning of Wife*, the writer Anne Kingston described how wifeliness remained a useful tool to define women, and to shame and coerce them into socially acceptable roles.

"A lot of the themes haven't really changed, in fact they've kind of amplified," Kingston told me recently during a chat for my new podcast, called *Nth Wave*. Among them: The wedding-industrial complex, which sells marriage as a woman's ultimate dream; the battle over women's unpaid and undervalued domestic work; and the denunciation of singleness as innately selfish. Never mind the new era of fetishized kept women. "I couldn't have imagined the *Real Housewives* franchise," she said with a laugh.

Kingston told me that when she was writing the book she was really fascinated by what she saw as a calcified notion of what a wife was. "Women I knew didn't want to become wives, wife was a dirty word, yet at the same time most women became wives and are wives."

Around that time, I was graduating high school and heading to university. I had

been assuming feminism was a dead cause, as I foolishly told one professor. It's a story I think of often, because of how unnervingly little I knew about what I didn't know. My professor was nonplussed, responding with something to the effect of, "Just you wait," and planting doubt. In one political science course, fem-

inist theory took up a thin, measly chapter, and I noticed. In third year, I took a queer studies class that sent me into furious debates with my poor father, whom I forced to be a foil for the epiphanies tossed out in class. I had been that girl who fought boys on other girls' behalf, and I became that woman who took

every chance to fight what I saw as the patriarchy.

In my ensuing years as a single feminist, it was me-against-the-world, and I never noticed how often feminism itself was framed in that hyper-individualized, confrontational way. The message was always to guard against lurking sexism. To expect to not only to fight for your own place in the world, but also to then defend it fiercely. To not give an inch — let alone your whole self.

A marriage, however, can't operate like a war zone. Giving in, even giving up, will be required, because it's a community.

And feminism, particularly the form of it that's ascendant in our society right now, focused as it is on fighting poverty and sexual violence and illuminating the intersections of race and class, doesn't offer much help.

The very word, "wife," as Kingston said during our conversation, still holds that "beta" connotation. And as I set out to become one, what concerns me most is how I might, somewhere down deep, believe in that connotation myself. What does an "equal" marriage even look like? And if the women at

Harvard, and women everywhere really, could enter into relationships expecting equality and then still find that they make less money, do far more chores or end up with half-realized careers — how could I possibly assume I'd escape the same fate?

Perhaps I won't. But there are opportunities in intimate life. I can't fix societal expectations. But I can influence the structures of my own marriage.

It's an act of faith and hope I'm willing to take, for love. I believe I can choose my own definition of wife. I can imagine a more egalitarian family.

Others already are. This week, the *Journal of Marriage and Family* released details of a new study that found couples with a "more egalitarian division of labour" have more sex.

Here's hoping equality always feels that good.

### Metro POLL

## Buckskin battle

Early Tuesday morning, Prime Minister Justin Trudeau took a canoe ride wearing a buckskin jacket that the PMO said belonged to the PM's father, Pierre Trudeau.

**We asked: Who wore it better?**



**70%: Pierre**  
He's the OG. Justin's nothing but a swagger jacker.



**30%: Justin**  
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# All that jazz



The TD Ottawa Jazz Festival, running June 22 to July 3, will have one of its most musically diverse lineups in its 36-year history. JULIE-ANNE MADORE



American jazz saxophonist Kamasi Washington kicks off the jazz festival on Thursday at the NAC Theatre. GETTY IMAGES



Beach Boys' leader Brian Wilson will perform Pet Sounds 50th anniversary tour July 3. GETTY IMAGES

## Jen Traplin

The TD Ottawa Jazz Festival is set to take over Confederation Park with one of its most musically diverse lineups in the festival's 36-year history.

The festivities get underway on Thursday with a special pre-festival kickoff performance by American jazz saxophonist Kamasi Washington at the NAC Theatre, home to a number of high calibre shows at this year's festival.

Last year, Washington released

his debut studio album, *The Epic*, to glowing reviews in both the jazz and mainstream press. He was also featured on the critically acclaimed Kendrick Lamar record, *To Pimp a Butterfly*.

Entertainment on the main stage gets going Friday with a bluesy lineup that includes a joint performance by two legends — Elvin Bishop and Charlie Musselwhite — as well as blues guitarist Alvin 'Youngblood' Hart's Muscle Theory, Toronto-based New Orleans-style brass band The Boxcar Boys and jazz big band Flat Earth Society.

One of the most successful

## + TICKETS AND INFORMATION

• **TD Ottawa Jazz Festival**  
Confederation Park and  
Marion Dewar Plaza

Bronze Pass: \$200  
Gold Pass: \$325

• **Festival Passes**  
Youth Pass  
(ages 12 to 25): \$90

• **Daily Tickets**  
Youth: \$35  
Regular: \$40 to \$65  
Platinum: \$60 to \$85

and beloved Canadian singer-songwriters of all time, Sarah McLachlan, will perform at the TD Ottawa Jazz Festival on Saturday. In her nearly 30 year career, McLachlan has sold more than

40 million albums worldwide, and has won nine Juno Awards and three Grammys.

On June 29, fellow Grammy Award winner Wynton Marsalis leads 15 of the world's finest

soloists, ensemble players and arrangers in jazz music today, the Jazz at Lincoln Center Orchestra (the house band for the jazz program at the performing arts centre in New York City) — on the main stage in Confederation Park.

Also appearing on the main stage throughout the festival is 2015 Polaris Music Prize winner Buffy Sainte-Marie on June 28, Trombone Shorty and Orleans Avenue on June 27 and the superstar trio of Chick Corea, Christian McBride and Brian Blade on June 30.

Closing out the main stage

lineup on July 3 is Beach Boys' leader Brian Wilson's *Pet Sounds* 50th Anniversary tour, which celebrates the golden anniversary of one of the most iconic albums in pop music history.

The always popular OLG After Dark Series is back this year as well. Every night at 10:30 p.m., after the performances wrap up in Confederation Park, the tented Tartan Homes Stage at Marion Dewar Plaza is the place to be to keep the party going. This year, the OLG After Dark Series features performances by Judith Hill, Jim Bryson, Adrian Raso, and more.

## Special Jazz Festival Rates



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BUFFY SAINTE-MARIE

## A legacy of song and art

Folk singer. Pianist. Guitarist/harmonica player. Political activist for Indigenous peoples of the Americas. Sesame Street host. The name Buffy Sainte-Marie holds many connotations. Yet they're all correct.

Depending on one's age, the Saskatchewan Piapot Plains Cree First Nations Reserve-born, Massachusetts-raised artist first came to light circa 1964 via acclaimed tune Universal Soldier from her debut album.

For others, Sainte-Marie's latest effort *Power in the Blood* (True North Records) has opened a gateway to a vast legacy of song, art and empowerment. Garnering a host of awards and accolades almost as long as Sainte-Marie herself, *Power in the Blood* showcases a fresh perspective, outlook and refusal to rest — for long — on laurels that has kept Sainte-Marie rocking, rolling and releasing albums well into her 75th year.

"When you go to bed at night, you don't know if you're going to dream," she said, discussing how she has kept her music vibrant and unique. "You have no advanced warning of what those dreams will be. That's writing music for me. I have to remember them when I wake up because I wasn't expecting what came my way."

That said, revealing that there are some "strategic songs with linear thought put into them," Sainte-Marie strives for two key elements in her craft: keeping herself enthused and nailing the point concisely.

"The trick is to have both that energy and directness. You need to be interested in the subject matter enough to retain your own attention ... I treat writing music as if I'm writing a theme for a college professor who doesn't like me or my subject matter. I'm determined to get an A out of the guy. Or like journalism: you have to say something powerful in a short space of paper or time ... say in three and-a-half minutes what would be a 400-page book for others." **KEITH CARMAN**



**Buffy Sainte-Marie performs Tuesday June 28, 8:30 p.m. at the Main Stage, Confederation Park.** THE ASSOCIATED PRESS



**Judith Hill appears Wednesday, June 29 on the Tartan Homes Stage, Marion Dewar Plaza at 10:30 p.m.** CONTRIBUTED

## From backup singer to the main attraction

Steve Collins

Judith Hill perfected her chops as a backup singer for Stevie Wonder, Elton John and Michael Jackson, but when it came to choosing the band for her first summer tour, she looked closer to home, tapping her very own musical family, namely father Pee-Wee and mother Michiko (with whom she wrote her first song at age four).

"It works out really great. They're awesome and we all enjoy ourselves," she said. "It's been a really great season of inviting my parents on the stage."

I've worked with other musicians, but Judith Hill and FAM is a special band because my parents are in it and it just came at a time in my life when it was the right thing to do. There's just a real chemistry when the family gets together. There's kind of a bond and it happens musically."

Drummer Michael White (Curtis Mayfield, Luther Vandross, Mary J. Blige) and family friend Tony Maiden (Rufus/Chaka Khan) round out the intimate lineup, a long way from large-scale orchestral arrangements of her songs Hill's also staged.

"It's a whole different experience, playing with an orchestra. I love doing that," Hill said.

"I've always been a composer. It's been one of my loves. I've always heard string arrangements and it's been one of my fortes coming up with things like that. That's why I wanted to do that and every time I've played with an orchestra, it's been a wonderful experience for me."

Ottawa gets another chance (Hill performed at Glowfair in 2014) to experience this singer-songwriter's funk and soul confections at the jazz festival on June 29.

By that time, she'd already taken star turns on NBC's *The Voice* and in 20 Feet From Stardom, Morgan Neville's documentary about the lives and careers of backup singers behind the biggest names in the music business.

Now that she's the main attraction, touring her debut *Back in Time* (co-produced by Prince), Hill has not forgotten what it's like behind the band (where vocalist Jherimi Henry is now backing her up).

"Any backup singer appreciates an artist who truly cares for them and treats them with respect and appreciates their talent," Hill said. "I was very grateful and felt appreciated. Sometimes backup singers are treated like less than the musicians, so that's something I'm aware of and I never allow that to happen."

## Just a couple of blues old-timers

Elvin Bishop admits it's harder to coax him out on tours these days.

"I'm 73 and I've got a really nice wife," he said. "I live in a beautiful place out in the country and I raise a big garden — I'm just kind of a maniac about it."

But he'll leave family and crops this summer (everything from beans and carrots to bok choy) for gigs with fellow blues old-timer Charlie Musselwhite.

"I met Charlie in Chicago in the early '60s, so it's over 50 years," he said. "I just wrote a song for us to do together on the show. It's gonna be called *A Hundred Years of Blues*, so you know between us we got that and more."

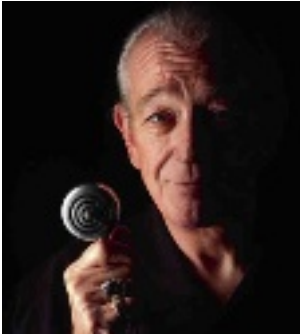
Joining the old hands is guitarist Bob Welsh.

"He's a tremendous musician,



**Elvin Bishop, left, and Charlie Musselwhite play Thursday at the Main Stage in Confederation Park.** LEFT: BOB HAKINS/RIGHT: CONTRIBUTED

very versatile and just a great player," Bishop said. "He plays in my regular band. He plays guitar with Mussel, he also plays, oh he plays sorta like bass on the guitar. You'd have to hear it. It's



real cool. And he's also is a really good piano player, so he'll be doing that, too."

Welsh and Musselwhite both pitched in on Bishop's 2014 album, *Can't Even Do Wrong*

Right, which featured a guest appearance from another old band mate, Mickey Thomas. He sang Bishop's 1976 hit *Fooled Around and Fell In Love* (which got new life on the *Guardians of the Galaxy* soundtrack) before he went on to *Jefferson Star ship*.

"It was great to get back together," Bishop said. "He's the sweetest guy in the world and he's a physical phenomenon. He hasn't lost a bit of his range and now with all the seasoning he kinda knows better what to do with that voice."

Elvin Bishop (guitar) and Charlie Musselwhite (harmonica/vocals) bring "a hundred years of the blues" to the Main Stage in Confederation Park Thursday, June 23 at 9 p.m.

**STEVE COLLINS**



**Sarah McLachlan performs on the Main Stage in Confederation Park Saturday June 25 at 8:30 p.m.** KHAREN HILL

SARAH MCLACHLAN

## 'I might win a few new fans'

"Sorry, I've got a very excitable puppy here. He barks at everything."

On the phone from her kitchen in Vancouver, Sarah McLachlan seems as unperturbed dealing with eight-month-old Poppy as she does with the inevitable yapping from purists who take issue with her headlining not one but three jazz festivals (Ottawa, Toronto and Vancouver) this summer.

"I mean, I'm not a jazz artist, I'm fully aware of that. I don't go up and scat," she said. "When I was growing up my dad listened to a lot of jazz, so a lot of Miles Davis and John Coltrane, maybe not incredibly esoteric stuff. I certainly grew up with that in the back of my head."

Her early exposure, she maintains was "enough to feel it and love it and respect it, and you know, bow down to it because, holy shit, I don't really understand a lot of it!"

In the festivals, and her upcoming summer tour with Josh Groban, McLachlan sees the opportunity "to play to an audience that isn't necessarily my fans, which is a challenge and exciting because for the longest time, you're preaching to the converted, and this is for me an opportunity to get out there and showcase my music to people who aren't necessarily that familiar with it, and a fairly large audience, I mean [Groban] plays to between 8,000 and 11,000 people a night so, okay!"

"And I think I'm pretty good live, so I think I might win a few new fans."

Performing live — no matter who the audience is — remains one of McLachlan's great passions: "It's joy. It's sheer joy. For me, one of the greatest expressions of joy is to be able to sing and play and to do it with other people. And for Josh, I'm going solo which is actually fun too, though I know that Josh and I are going to be singing in his set as well." **STEVE COLLINS**



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**MICHAEL FRANTI & SPEARHEAD**

**SHARON JONES AND THE DAP-KINGS**

**BUFFY SAINTE-MARIE**

**CHICK COREA TRIO - Chick COREA, Christian MCBRIDE, Brian BLADE**

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**JUDITH HILL**

**JOHN SCOFIELD JOE LOVANO QUARTET**

**WEDNESDAY, JUNE 22**

7:00pm - Kamasi Washington

**THURSDAY, JUNE 23**

12:00pm - The Beeched Wailers (FREE)  
4:00pm - No BS! Brass Band (FREE)  
6:00pm - Reis-Demuth-Wiltgen  
6:00pm - The Boxcar Boys  
7:30pm - Alvin "Youngblood" Hart's Muscle Theory  
8:00pm - Myra Melford's Snowy Egret  
9:00pm - Elvin Bishop & Charlie Musselwhite  
10:00pm - Koko Town  
10:30pm - Flat Earth Society - The Oyster Princess

*Late Night Jam Sessions*

JUNE 23 TO JULY 3 @ 10:30PM (EXCEPT ON JULY 1<sup>ST</sup>)

GRILL FORTY ONE LORD ELGIN

**FRIDAY, JUNE 24**

12:00pm - Mystery Concert (FREE)  
12:00pm - Chris Maskell Trio (FREE)  
6:00pm - Alexander Hawkins Trio  
6:30pm - Miguel de Armas Quartet  
7:00pm - The Barr Brothers  
7:30pm - No BS! Brass Band  
8:00pm - Balázs Elemér Group and Tim Ries  
8:30pm - SFJAZZ Collective: The Music of Michael Jackson and Originals  
10:30pm - Highs

*Jibber Jazz Jam-Along*

JUNE 24 TO JULY 3 @ 4PM (EXCEPT ON JULY 1<sup>ST</sup>)

Fountain in Confederation Park

**SATURDAY, JUNE 25**

12:00pm - Mystery Concert (FREE)  
12:00pm - The Lee Anne Frederickson Quartet (FREE)  
2:00pm - John Carroll (FREE)  
2:00pm - Youth Series (FREE)  
6:00pm - Marcin Wasilewski Trio  
6:30pm - Laila Biali Trio  
7:00pm - John Scofield / Joe Lovano Quartet  
7:30pm - Blue Moon Marquee  
8:00pm - Banda De Los Muertos  
8:30pm - Sarah McLachlan  
10:00pm - DJ Hector Romero  
10:30pm - Tenneyson

**SUNDAY, JUNE 26**

10:00am - Youth Series (FREE)  
12:00pm - Harea Band (FREE)  
2:00pm - Megan Jerome and the Together Ensemble (FREE)  
6:00pm - Emile Parisien Quartet  
6:30pm - Autobahn  
7:30pm - Mackenzie Rhythm Section  
8:00pm - Endangered Blood  
8:30pm - Sharon Jones & the Dap-Kings  
10:30pm - The 24th Street Wailers

**MONDAY, JUNE 27**

12:00pm - Mystery Concert (FREE)  
12:00pm - Happenstance Quartet (FREE)  
5:00pm - Colin Stetson & Sarah Neufeld  
6:30pm - Dan Brubeck Quartet  
7:00pm - Arild Andersen Trio w/ Tommy Smith & Paolo Vinaccia  
7:30pm - Ben Caplan  
8:30pm - Trombone Shorty & Orleans Avenue  
9:00pm - Colin Stetson Presents: Sorrow - A Reimagining of Górecki's 3rd Symphony  
10:30pm - CloZee

**TUESDAY, JUNE 28**

12:00pm - Peter Brown Quartet (FREE)  
12:00pm - Super Awesome Club (FREE)  
6:00pm - The Thing  
6:30pm - Amanda Tsoff "Words" Project  
7:00pm - Jon Cleary & The Absolute Monster Gentlemen  
7:30pm - Digging Roots  
8:00pm - Donkey Monkey  
8:30pm - Buffy Sainte-Marie  
10:00pm - Mystery Concert (FREE)  
10:30pm - Devil's Tale featuring Adrian Raso & Fanfare Ciocărtia

**WEDNESDAY, JUNE 29**

12:00pm - Carlos Alberto Santana Jazz Quintet (FREE)  
12:00pm - Christine Fagan & Steve Berendt Vocalese (FREE)  
6:00pm - The Claudia Quintet  
7:00pm - Charlie Hunter Trio  
7:30pm - Gwyneth Herbert  
8:30pm - Jazz at Lincoln Center Orchestra with Wynton Marsalis  
10:30pm - Judith Hill

**THURSDAY, JUNE 30**

12:00pm - Mystery Concert (FREE)  
8:00pm - Bugala-Valihora-Griglak Trio  
8:30pm - TD Jazz Youth Summit  
7:00pm - Igor Butman and the Moscow Jazz Orchestra  
7:30pm - Esmerine  
8:00pm - Anat Fart & Gianluigi Trovesi Duo  
8:30pm - Chick Corea Trio: Chick Corea, Christian McBride, Brian Blade  
10:30pm - Jim Bryson

**FRIDAY, JULY 1 - FREE**

2:00pm - The Central Band of the Canadian Armed Forces 'Ambassadors' Stage Band  
3:00pm - TD Jazz Youth Summit & Stingray Rising Stars  
4:00pm - The Riot Police  
6:00pm - Les Poules à Colin  
7:00pm - National Arts Centre Orchestra

**SATURDAY, JULY 2**

12:00pm - leMeow (FREE)  
12:00pm - The Lake Effect Sound (FREE)  
2:00pm - Angelique Francis (FREE)  
2:00pm - ERU-ERA (FREE)  
6:00pm - Waxwing  
6:30pm - FOG Brass Band  
7:00pm - Stacey Kent  
7:30pm - André Leroux Quartet  
8:30pm - Michael Franti & Spearhead  
10:30pm - Soil & "Pimp" Sessions

**SUNDAY, JULY 3**

12:00pm - Peter Liu and the Pollicats (FREE)  
12:00pm - The Pharoahs Go To Soul School (FREE)  
2:00pm - Nicole Ratte Quintet featuring William Lamoureux (FREE)  
2:00pm - The Kingmakers (FREE)  
6:00pm - Iva Bittová & Peggy Lee  
6:30pm - Marianne Trudel 4 Featuring Ingrid Jensen  
7:30pm - Pugs and Crows  
8:30pm - Brian Wilson's Pet Sounds 50<sup>th</sup> Anniversary Tour  
10:30pm - The Hot Sardines

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

Park ticket prices increase by \$5 at the door. Visit the website for more information.

**JUNE 22 - JULY 3, 2016**

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12 Wednesday, June 22, 2016

## metr SPECIAL REPORT: OTTAWA JAZZ FESTIVAL



### + FLAT EARTH SOCIETY

When Peter Vermeersch, band leader of the unpredictable (sometimes even startling) Flat Earth Society, started looking for a film for the 14-piece outfit to accompany, the usual would not do.

"I was really interested to do something with live music on a film, but you know it's always a bit the same pond we're fishing in. It's always the Murnaus and Faust and the old things," he said.

Then he discovered The Oyster Princess, Ernst Lubitsch's 1919 comedy about the blow-out wedding of a millionaire's daughter. "I was thinking, well, it's a lot of work to do something like this, so I want something that is nice for all kinds of people, people who are not especially coming for our music, but for a good film. It could be a family thing, and it also has a very cinematic interest because at that moment, it was a bit of a forgotten film."

The action on the screen, he says, serves a "door-opener" to draw in new audiences for the music, and repeated performances have only deepened his appreciation. Flat Earth Society plays the Tartan Homes Stage Thursday, June 23 at 10:30 p.m. **STEVE COLLINS**



### + LEMEOW

When the time came to name their debut CD, Ottawa's leMeow went back to the beginning, back to York St.

"We have our roots on York Street in some ways," explained singer and co-founder Gin Bourgeois. "James [Rooke] and I, my partner, he's one of the founding members of leMeow, when we first started working on this project, he was actually living on York Street, and for anyone who's familiar with Ottawa, you know there's a lot of live music venues on that street, there's a lot of bars, a lot of action."

"We just had some really good times on York Street, specifically at that apartment and we just sort of felt like, well, we're not living there anymore, but we wanted to pay homage to it in some way, so one thing led to another and now we've got a song and an album dedicated to our York Street memories." Visit [facebook.com/lemeowmusic](http://facebook.com/lemeowmusic) for more.

leMeow plays a free show at the Rideau Centre Saturday July 2 at noon.

**STEVE COLLINS**



### + DIGGING ROOTS

With artists like Buffy Sainte-Marie, Tanya Tagaq and Ottawa's own A Tribe Called Red making waves here at home and internationally, it's safe to say Canadian indigenous music is finally starting to break through the mainstream.

In fact, Raven Kanatakta of the four-time Canadian Aboriginal Music Awards winning husband and wife duo Digging Roots, calls what's happening now a "renaissance."

"It's an exciting time," he said. "I would definitely call it a renaissance. I think one of the reasons is that we're getting further away from the times when we were not allowed to play our drums or to sing our songs or, for that matter, to even speak our language. I think that it's a time when people are feeling empowered and, as a result, that's coming through the music. There's a lot of history that Canadians just don't know."

That history has always been deeply embedded in the music Kanatakta and wife ShoShona Kish create through Digging Roots. Digging Roots plays Tuesday, June 28 at 7:30 p.m. at Tartan Homes Stage.

**JEN TRAPLIN**



### + DAN BRUBECK QUARTET

From as far back as he can remember, renowned jazz drummer Dan Brubeck always knew he would have a career in music.

Brubeck is the son of iconic American jazz pianist Dave Brubeck and jazz lyricist Lola Brubeck, which meant there was no shortage of artistic influences when Dan was growing up.

"There was a flow of really artistic people coming in and out of the house all the time and my dad had rehearsals a lot at the house. What we didn't know was that a lot of the people that were playing with him were considered some of the best musicians in the world. You don't know that as a little kid," he said.

Five of the six Brubeck children went on to become professional working musicians. While still a teenager, Dan Brubeck started touring the world with his dad's group, the Dave Brubeck Quartet, and, over the years, was featured on nearly a dozen of his albums.

While he continues to perform and record with his siblings, Brubeck's main focus these days is on the Vancouver-based Dan Brubeck Quartet (DBQ). Dan Brubeck Quartet performs Monday, June 27 at 6:30 p.m. at Main Stage Confederation Park. **JEN TRAPLIN**

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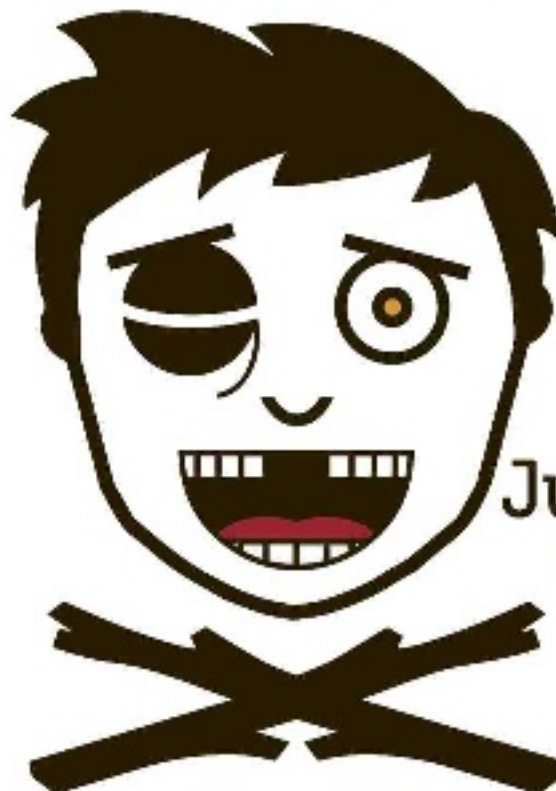
• Post-secondary education

• Canadian society (culture, communication) and many other topics of importance and interest to newcomers

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## SHOW YOUR PRIDE TASTE THE RAINBOW

There are more ways to “taste the rainbow” than with a package of vending machine candy. Why not a bagel? Or on the top of a morning latte? Yes, LGBTQ Pride season is in full swing across Canada with Ottawa’s pride events coming up in August, but that doesn’t mean you can’t enjoy these colourful treats all year long. Here are a few to inspire you. **TORSTAR NEWS SERVICE**

### 1 Bagels

New York’s The Bagel Store unearthed the rainbow food trend this year when it went viral online for the “rainbow bagel.” Owner Scot Rossillo and his team flatten neon-coloured mounds of dough on top of each other, then slice and roll them into bagel circles. Earlier this year, The Bagel Store was selling up to 800 of the brightly coloured bagels each day. Inspired by the success of its fellow bagel maker to the south, Montreal shop REAL Bagel Inc. now serves rainbow bagels, too. And on the west coast, Vancouver’s Rosemary Rocksalt is adding colour to its repertoire.



### 2 Lattes

Caffeinate with some flare and order some rainbow latte art, colourful designs made with food dye added to steamed milk. Stuart Ross of Bull Dog Coffee near Church and Gerrard streets in Toronto has been pouring colourful flowers and hearts since April, inspired by Las Vegas coffee shop Sambalatte.



### 3 Cake

Cake is a Pride staple. Wanda’s Pie in the Sky on Augusta Ave. in Toronto will be offering rainbow cakes and cupcakes at its Kensington Market shop. The treats, dressed with sprinkles and covered in a white buttercream frosting or chocolate ganache, have seven layers, each with a different flavour and colour. Want to try making it at home? MarthaStewart.com has a great recipe for a six-layer rainbow cake with a buttercream ice cream.



### 4 Grilled cheese

Forget bottled food colouring. The chefs at Grill My Cheese in London, England, opt for beetroot, arugula, roasted onion, goat cheese and truffle oil to make their oozy rainbow grilled cheese.



### 5 Hot dogs

Throw a sausage fest with a dough-wrapped hot dog rainbow. Blogger Beth Jackson Klosterboer with Hungry Happenings covered diced hot dogs in Pillsbury croissant dough sheets brightened with food colouring. She curled the rows into a rainbow shape and put a “pot of gold” dish of mustard at the end.

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## If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:  
**www.autolightclaims.ca**

A proposed Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. If approved by the Courts, this Settlement will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules

SilverStar, XtraVision, or Cool Blue sealed beam headlights

SilverStar fog or auxiliary lights

### ARE YOU INCLUDED?

You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

### WHAT IS THIS CASE ABOUT?

The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

### WHAT DOES THIS SETTLEMENT PROVIDE?

A Settlement Amount of not less than CDN \$1,150,000 (the "Settlement Fund Minimum") and not more than CDN \$1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at **www.autolightclaims.ca**.

### WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?

Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsule	\$12.00	\$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	\$12.00	\$24.00
SilverStar fog or auxiliary lights	\$12.00	\$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued<sup>1</sup>, so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation shall be reduced on a pro-rata basis.

### HOW DO I ASK FOR A PAYMENT?

To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

### WHEN SHOULD I MAKE A CLAIM?

Immediately - the Claim Form is already available on the Settlement Website at **www.autolightclaims.ca** or you can obtain one by contacting the Claims Administrator at 1-855-745-7374. You should act as quickly as possible, ideally you should do so before the date of the Settlement Approval Hearings, which will further extend the deadline. A definite Claim Deadline will be set if and when the Settlement is approved by the Courts. Please consult the Settlement Website for an update of the delays that will be set by the Courts.

### WHAT ARE YOUR OPTIONS?

If you are a Class Member, you may (1) send in a Claim Form; (2) object to the settlement; (3) exclude yourself (Opt-Out); or (4) do nothing.

If you don't want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator. The manner in which you opt-out is available on the form found on the Settlement Website; the delay to do so will

be set by the Courts. Residents of Quebec must in addition give notice to the Clerk of the Superior Court of Quebec. Anyone who opts out cannot object to the Settlement, will not be bound by the Settlement Agreement, and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

To object to or to make representations regarding this proposed Settlement, you must attend one of the Settlement Approval Hearings. You should also notify the Claims Administrator in writing through the website, by email or by mail at least 15-days before the hearing and provide your reasons summarily.

### WHEN AND WHERE WILL THE COURTS DECIDE TO APPROVE THE SETTLEMENT?

The Ontario Superior Court of Justice and the Superior Court of Québec will hold hearings to consider whether to approve the Settlement. Each of the Courts must be satisfied that the Settlement is fair, reasonable and in the best interests of Class Members.

Settlement Approval Hearings have been scheduled as follows:

Ontario Action (for Canadian residents other than Quebec) – August 31, 2016 at 9:30 A.M. at the Courthouse located at 1023 King St., L'Orignal, Ontario.  
Quebec Action (for Quebec residents) – August 30, 2016 at 9:15 A.M. at the Montreal Courthouse located at 1 Notre-Dame St. East, Montréal, Québec.

Please check the Settlement Website to confirm these dates, as they are subject to change. You do not have to attend the hearings but you may do so if you wish. However, you must do so if you wish to object or make representations regarding the Settlement.

### WHEN WILL I BE PAID?

Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on **January 29, 2017**, assuming that the Settlement is approved and that such order/judgment has become final and binding.

### HOW CAN I GET MORE INFORMATION?

This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim, Opt-Out or Object on the Settlement Website at **www.autolightclaims.ca**. For any other information, please contact the Claims Administrator at:

Bruneau Group Inc.  
Nelson P.O. 20187 – 322 Rideau St., Ottawa, Ontario K1N 5Y5  
Tel: 1-855-745-7374 Email: [info@autolightclaims.ca](mailto:info@autolightclaims.ca)

### WHO REPRESENTS ME?

Class Counsel, or the law firms representing the Plaintiffs, are the following:

Consumer Law Group P.C.  
251 Laurier Ave. West, Suite 900, Ottawa, Ontario K1P 5J6  
Email: [jorenstein@clg.org](mailto:jorenstein@clg.org)  
Consumer Law Group Inc.  
1030 rue Berri, Suite 102, Montréal, Québec H2L 4C3  
Email: [agrass@clg.org](mailto:agrass@clg.org)

The Courts will also consider a request from Class Counsel for counsel fees, disbursements and taxes. Class Counsel has pursued this lawsuit wholly on a contingency basis and has agreed that they would only be paid their legal fees if there was a Settlement or recovery following a successful outcome. They will seek approval from the Courts of \$525,000 plus applicable taxes, which will be paid for from the Settlement Amount. The Plaintiffs will also seek honorarium payments of \$5,000 each.

To remain updated and to find out the deadlines to file a claim or opt-out, please consult the Settlement Website.

*This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.*

<sup>1</sup> less the withholding owing to the Fonds d'aide aux recours collectifs (for Quebec residents only and if applicable).



## ROSE REISMAN THE SAVVY EATER

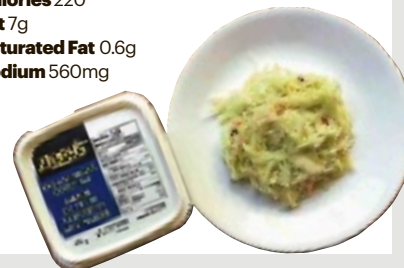
**THIS WEEK:** Side salads

These sides are summer staples — but there's only one you should be packing for your picnic!

### PICK THIS

#### Ziggy's Oil and Vinegar Coleslaw, 1 cup

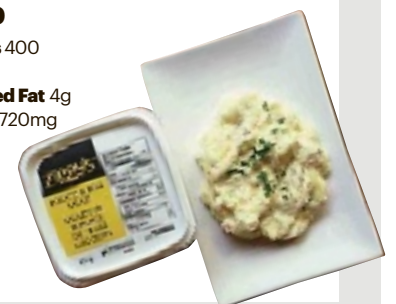
Calories 220  
Fat 7g  
Saturated Fat 0.6g  
Sodium 560mg



### SKIP THIS

#### Ziggy's Potato & Egg Salad, 1 cup

Calories 400  
Fat 24g  
Saturated Fat 4g  
Sodium 720mg



### HERE'S WHY



#### Equivalent to two Arby's Regular Roast Beef Sandwiches in fat.

These salads are classic pairings for burgers and hot dogs at summer BBQs. As tasty as a creamy potato salad is, it's one to skip — the mayo-based dressing packs on the fat and calories; it also won't last long in the summer heat. When picking a coleslaw, make sure it's in an oil & vinegar-based slaw. This way you're only getting a third of the fat and about half the calories.

# It's not what you eat, it's when

## NUTRITION

### New research points to the problem of 'social jetlag'

**Genna Buck**  
Metro Canada



You grab a granola bar on the way out the door, eat a yogurt instead of lunch, then finally tuck into a proper dinner and half a bag of chips after you stumble home at 9 p.m. Sound familiar?

Irregular eating patterns because of busy, unpredictable schedules are a reality for many Canadians.

They may be causing "social jetlag": disturbances in the internal body clock, also called the circadian rhythm. Many processes your body uses to break down and use energy from food are part of the circadian clock, following a predictable daily cycle.

New research suggests messing with that cycle — by eating and sleeping willy-nilly — could



Studies suggest people who eat three square meals a day are at a lower risk of obesity.

ISTOCK

be a recipe for health problems.

Two papers published Tuesday in the journal *Proceedings of the Nutrition Society* collect past studies about how the timing of meals throughout the day affects overall health. One looked at the impact of erratic eating on heart health and metabolism. The other investigated how the timing of meals impacts people's ability to maintain a healthy weight.

The conclusions were tentative. More research is needed.

But the findings boil down to this: Some old-fashioned nutrition wisdom dispensed by grandmas everywhere turns out to be right.

Firstly, three square meals a day might just keep the doctor away. Two studies that randomized participants to either an irregular or regular diet found the regular eaters had lower peak insulin and lower 'bad' cholesterol, indicators of heart health.

Secondly, according to nutrition scientist and study author Gerda Pot, "There seems to be some truth in the saying 'Eat breakfast like a king, lunch like a prince and dinner like a pauper': Studies suggest a clear link between obesity and consuming more calories later at night.

In the U.K. and U.S. — global obesity hotspots — most people increase their calorie intake through the day. The slimmer French tend to eat larger lunches and small dinners.

So science says we should eat fewer meals, on a regular schedule, and get more of our calories earlier in the day. Here's a delicious thought: One weapon against the obesity crisis may just be brunch.





# Limited edition blue-jean baby



## REVIEW

### Beetle Denim channels the 1970s

**Mike Goetz**  
For Metro Canada



You're just heading out in your Canadian Tuxedo, a.k.a. blue jeans paired with a denim jacket, but something's wrong. You're thinking maybe you need more cowbell, but that's not it. Then it dawns on you. You have a fever, and the only prescription is more denim!

Enter the special edition 2016 VW Beetle Denim. Just what the doctor ordered.

It may not have actual denim anywhere near it, but the spirit of the fabric is what it's all about.

Witness the Stonewash Blue Metallic paint job, the convertible top and seat covers that mimic the look of denim, seat-back pockets that look like the pockets on your favourite pair of jeans (right down to the red tab), and the colour co-ordinated "brushed aluminum" look dashboard.

The exterior has been tweaked to take you back to that groovy time back in 1970s, when denim ruled every-day fashion, like a casual dictator.

Check out those '70s-era "dog dish" wheels.

All this extra nostalgia plied on a nameplate already rampant with nostalgia could have been a kitschy disaster, but the Denim is one of the best look-

ing "new" Beetles models out there, at least to these eyes, and to the eyes of my significant other, who is usually ambivalent about any vehicle design, no matter what the vehicle genre or price point. ("That? That costs eighty grand? No thank you.")

Underneath the denim treatment is a standard VW Beetle convertible, and that means a decent, but not an overwhelming driving and handling experience, a pretty tight rear seat, restricted rearward vision, and a very small trunk, which is further compromised by its responsibility to house the back cover that goes over the roof when it's down.

The seats are very comfortable and supportive, and the new touch screen, rear camera, and apps for Android Auto and Apple Car Play, give the Denim a very modern and classy feel behind the wheel.

The new powertrain is also very refined and slick, although some launches came with a nagging dead spot, until the motor and auto transmission figured out what to do.

The Denim is meant to be a fun, and the fun goes up several notches whenever you press the button that powers the roof down — in less than 10 seconds.

When it's that easy and quick to get the roof down and up, you'll surely do more open-air motoring than you would otherwise.

Like jeans, convertibles never seem to go out of style and always put you in a good mood. Put the two together and how can you lose?

ALL PHOTOS MIKE GOETZ/FOR METRO

## THE CHECKLIST | 2016 VW BEETLE DENIM

### THE BASICS

**Type.** Two door, FWD, compact convertible

**Engine (hp).** 1.8 L turbocharged I4 (170)

**Transmission.** Six-speed automatic with Tiptronic

**Base Price (not including destination).** \$29,350



### POINTS

- Available in Pure White and Stonewashed Blue Metallic.
- Just 143 allocated in Canada for 2016, and then that's it — no more Denim Convertibles. A limited-edition Denim Sedan arrives in 2017.

# 3

## BRANDS MOST POPULAR WITH THE YOUNGER BUYERS

According to data from IHS Automotive, the Subaru WRX has the highest mix of millennial buyers overall. But which brands have the most millennial buyers? You might be surprised at some of the answers. [JASON SIU/AUTOGUIDE.COM](http://JASON.SIU/AUTOGUIDE.COM)



### 1 Dodge

The most popular automaker among millennials isn't Chevy or Ford, but Dodge. Last year, 15.8 per cent of its sales went to younger buyers.



### 2 Mitsubishi

Younger buyers account for 15.3 per cent of Mitsubishi sales. While on the face of it this news may seem surprising, smaller models like the Mirage and the 2017 Mitsubishi Mirage G4, which debuted in New York earlier this year, tend to appeal to a younger demographic.



### 3 Mazda

Mazda is zoom-zooming its way into young buyers' hearts, with the Japanese automaker coming in third place with 15.2 per cent of its sales going to those between 18 to 34.



# New Ghostbusters wheels are deadly

## + IN BRIEF

### 2016 Chevy Malibu Aces IIHS Crash Tests

The 2016 Chevy Malibu has been named a Top Safety Pick Plus by the U.S.-based non-profit Insurance Institute for Highway Safety (IIHS). The car scored the top "good" rating in all of the crash test categories, including in the tough small overlap test. To gain the "Plus" moniker, a car must score at least an "advanced" rating for front crash prevention, which the Malibu exceeded with a "superior" rating. In testing, the Malibu totally avoided a collision when run at an obstacle at 19 km/h.

STEPHEN ELMER/AUTOGUIDE.COM



## WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

### ECTO-1

## Ghostbusters' new ride a hearse

There are a lot of new things happening with the upcoming Ghostbusters movie. Along with an all-female cast for its main characters, the new Ghostbusters will change how you see Ecto-1 for years to come. The original movies used a 1959 Cadillac ambulance, and the new Ecto-1 comes in the form of a 1982 Cadillac hearse. In a way, it's quite the opposite from the previous Ecto-1, considering an ambulance's main priority is to save people from dying, while a hearse transports people who are already dead. The story goes that the new team gets a hold of the hearse, which is borrowed from Patty Tolan's (Leslie Jones) uncle, who runs a funeral home. JASON SIU/AUTOGUIDE.COM

### GASOLINE-POWERED VEHICLES

## Norway to ban traditional cars

One country is making the move to ban sales of gasoline-powered vehicles. According to a new report, Norway's four main political parties have come to an agreement on a new energy policy that would result in a ban of gasoline-powered car sales as early as 2025. Making the law even more interesting is the fact that Norway is currently one of the world's largest oil exporters. JASON SIU/AUTOGUIDE.COM



### MODEL X

## Tesla finds a sunny solution

Tesla is shipping a large piece of mesh out to owners of the Model X crossover to help block the sun. That's because the windshield on the Model X is quite large, extending above the driver and front passenger's heads. Model X owners had previously complained of being blinded by sunshine most of the day.

STEPHEN ELMER/AUTOGUIDE.COM



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**\$154** **0.99%** **60** **\$1,995**  
EVERY 2 WEEKS APR\* MONTHS DOWN

OFFER INCLUDES \$1,790 IN FREIGHT AND AIR TAX

### PLUS, GET AN ADDITIONAL

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Oh hey, you're looking for the legal, right? Take a look. Here it is: Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers only valid at participating dealers. Retail offers may be cancelled or changed at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible raincheckable Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. Retail offers not combinable with any CPA/GPC or Daily Rental incentives, the Commercial Uplift Program or the Commercial Fleet Incentive Program (CFIP). \*Until June 30, 2016, lease a new 2017 Escape SE 4WD 201A for up to 60 months and get 0.99% APR on approved credit (OAC) from Ford Credit Canada Limited. Not all buyers will qualify for the lowest APR payment. Lease 2017 Escape SE 4WD 201A with a value of \$31,144 (after \$1,995 down payment or equivalent trade in and Manufacturer Rebates of \$0 deducted and including freight and air tax charges of \$1,790) at 0.99% APR for up to 60 months with an optional buyout of \$12,261, monthly payment is \$333 (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of \$154), total lease obligation is \$21,975, interest cost of leasing is \$1,071 or 0.99% APR. Offers include freight, air tax, and PPSA but exclude administration and registration fees of up to \$799, fuel fill charge of up to \$120 and all applicable taxes. Additional payments required for optional features, license, and insurance. All prices are based on Manufacturer's Suggested Retail Price. Some conditions and mileage restriction of 80,000km for 60 months applies. Excess kilometrage charges are 12¢ per km, plus applicable taxes. Excess kilometrage charges subject to change (except in Quebec), see your local dealer for details. All prices are based on Manufacturer's Suggested Retail Price. \*\* Offer valid between May 3, 2016 and June 30, 2016 (the "Offer Period") to Canadian residents. Receive \$750 towards the purchase or lease of a new 2016 Escape; 2017 Escape (each an "Eligible Vehicle"). Only one (1) bonus offer may be applied towards the purchase or lease of one (1) Eligible Vehicle. Taxes payable before offer amount is deducted. Offer is not raincheckable. †Some mobile phones and some digital media players may not be fully compatible. Driving while distracted can result in loss of vehicle control. Only use SYNC systems / other devices, even with voice commands, when it is safe to do so. SYNC voice recognition and screens available in English, French and Spanish. Some features may be locked out while the vehicle is in motion gear. Optional Navigation system map updates cannot be received via Wi-Fi and requires a separate update. Data rates may apply. ‡Driver-assist features are supplemental and do not replace the driver's attention, judgment and need to control the vehicle. ©2016 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2016 Ford Motor Company of Canada, Limited. All rights reserved.





Innovation  
that excites



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FROM\*  
\$169 MONTHLY  
WITH \$0 DOWN

**\$39**

WEEKLY ON 2016  
SENTRA S M6

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60 MONTHS



1.8 SR  
model shown\*

**SENTRA**  
NEWLY REDESIGNED

2016 SENTRA IS AWARDED WITH  
2016 IIHS TOP SAFETY PICK+  
When Equipped  
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Emergency Braking

FINANCE AT 0% APR  
FOR UP TO 84 MONTHS

PLUS GET **\$1,000**  
FINANCE CASH  
ON SENTRA S M6

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THAT'S LIKE PAYING ONLY  
FROM\*  
\$258 MONTHLY  
WITH \$0 DOWN

**\$59**

WEEKLY ON 2016  
ROGUE S FWD

AT **0.99%** APR FOR  
60 MONTHS



SL AWD Premium  
model shown\*

**ROGUE**

2016 ROGUE IS AWARDED WITH  
2016 IIHS TOP SAFETY PICK  
When Equipped  
with Forward  
Emergency Braking

UP TO **\$4,000** IN STANDARD RATE  
FINANCE CASH  
ON 2016 ROGUE SL PREMIUM

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VISIT [CHOOSЕНИSSAN.CA](http://CHOOSЕНИSSAN.CA) OR YOUR LOCAL RETAILER • ENDS JUNE 30<sup>TH</sup>

Offers available from June 21 – 30, 2016. \*Payments cannot be made on a weekly basis, for advertising purposes only. †Representative finance offer based on a new 2016 Sentra 1.8 S M6 (C4LG56 AA00). Selling price is \$16,529 financed at 0% APR equals 84 monthly payments of \$197 monthly for a 84 month term. \$0 down payment required. Cost of borrowing is \$0 for a total obligation of \$16,529. \$1,000 Finance Cash included in advertised offer. \*Representative monthly lease offer based on a new 2016 Rogue S FWD CVT (Y6RG16 AA00)/2016 Sentra 1.8 S M6 (C4LG56 AA00). 0.99%/0.99% lease APR for a 60/60 month term equals monthly payments of \$258/\$169 with \$0/\$0 down payment, and \$0 security deposit. First monthly payment, down payment and \$0 security deposit are due at lease inception. Payments include freight and fees. Lease based on a maximum of 20,000 km/year with excess charged at \$0.10/km. Total lease obligation is \$15,460/\$10,224. \$1,100/\$1,800 Lease Cash included in advertised offer. \*Standard rate finance cash discount of \$4,000 will be deducted from the negotiated selling price before taxes and is applicable only to customers financing any 2016 Rogue SL Premium (Y6DG16 BK00) through NCF at standard rates. The cash discounts cannot be combined with lease or finance subvented rates or with any other offer. Certain conditions apply. \*Models shown \$37,474/\$24,329 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/2016 Sentra 1.8 SR CVT (C4SG16 AA00). \*\*Freight and PDE charges (\$1,795/\$1,600) air-conditioning levy (\$100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. See your dealer or visit [Nissan.ca/Loyalty](http://Nissan.ca/Loyalty). For more information, see [www.iihs.org](http://www.iihs.org). †Around View Monitor cannot completely eliminate blind spots and may not detect every object. Always check surroundings before moving vehicle. Virtual composite 360 view. †FEB cannot prevent accidents due to carelessness or dangerous driving techniques. It may not provide warning or braking in certain conditions. See your participating Nissan retailer for complete details. ©2016 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.



# Hockey heating up in American Southwest

**NHL**

**Top prospect a product of expansion into Arizona**

About a year before Auston Matthews was born, professional hockey arrived in Arizona.

He took in his first Coyotes game as a two-year-old, and his gaze never strayed far from the ice.

“From a young age,” Matthews said, “I wanted to be an NHL hockey player.”

Learning to skate might never be a top-of-the-bucket-list item for the youth of the American Southwest, with a prohibitive climate and a scant tradition, but hockey has been on the rise in the Phoenix area since the franchise relocated from Winnipeg in 1996. The team has struggled financially, with attendance at the suburban arena in Glendale frequently landing near the bottom of the league, but the embodiment of the sport’s expansion will be on stage Friday at the NHL draft.

Matthews is expected to be the first pick by the Toronto Maple Leafs.

“It’s what you think about since you were a little kid,” said Matthews, a six-foot-two, 210-pound centre who joined the U.S. national team development program three years ago



Auston Matthews is expected to be drafted by the Maple Leafs with the No 1 overall pick. BRUCE BENNETT/GETTY IMAGES

34%

The increase of players aged 18 and under in Arizona from the 2005-06 season (2,836) to 2015-16 (3,803). Meanwhile, California reported a spike of 54 per cent with 11,680 players 18 and under in 2015-16.

and spent the past season as an 18-year-old with Zurich in Switzerland’s top professional league.

He could have picked baseball, which his father played in college, but the presence of the Coyotes spawned an admiration of players like Danny Briere and Shane Doan and an appreciation for the Zamboni. Matthews was on a travelling team by age eight, heading to tournaments in Chicago, Detroit

and Canada where the game is a well-established pastime.

“A lot of people, when they hear you play hockey and you’re from Arizona, kind of have this mindset where they don’t even think there’s hockey down there,” Matthews said, “but I never really thought about it too much as far as that goes. I always had a goal to make the NHL. It doesn’t matter where you’re playing.”



Croatia’s Nikola Kalinic rises above Spain’s Aritz Aduriz to get his head on the ball on Tuesday in Bordeaux, France.

MEHDI FEDOUACH/AFP/GETTY IMAGES

SOCCER

Croatia rallies to stun Spain



Ivan Perisic scored in the 87th minute as Croatia stunned Spain in a 2-1 comeback victory Tuesday to finish atop of Group D at the European Championship.

Perisic’s winning goal gave Croatia its first victory over Spain in 22 years and ended its unbeaten run at a European Championship that stretched back to 2004.

“The team spirit helped us and we were fighting until the last minute,” Perisic said through a translator. “I think we can go far now. If we play like this we can go to the very end.”

Defeat means that Spain will now meet Italy in the round of 16 at the Stade de France in Saint-Denis. Croatia will play one of the third-place teams in the northern French city of Lens.

It had all started so well for Spain, when striker Alvaro Morata put his side ahead in the seventh minute, redirecting the ball into the net after a shot by

midfielder Cesc Fabregas.

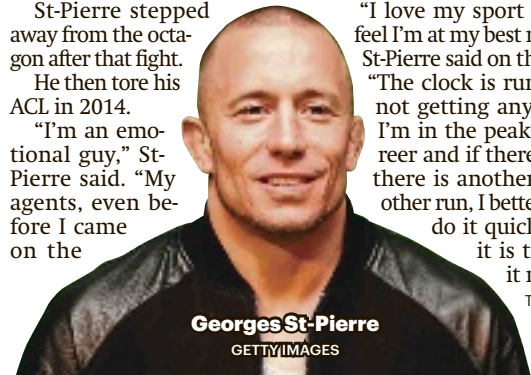
Nikola Kalinic equalized just before halftime with a nice back-heel flick that beat Spain goalkeeper David De Gea at the near post after Perisic delivered the cross from the left.

Perisic scored with a low left-foot shot, finishing off a fast counter attack.

In Tuesday’s other Group D matchup, Turkey defeated Czech Republic 2-0. Meanwhile in Group C, Germany beat Northern Ireland 1-0 and Poland earned 1-0 victory over Ukraine.

MMA

St-Pierre says he’s ready to fight again



Former UFC welterweight champion Georges St-Pierre says he’s ready to return to the octagon.

The 35-year-old Canadian fighter told the podcast MMA Hour that he’s ready to come out of retirement in an interview on Monday.

St-Pierre said things still need to be ironed out with the UFC, however.

He hasn’t fought in three years since beating Johnny Hendricks for his ninth straight welterweight title defence.

St-Pierre stepped away from the octagon after that fight.

He then tore his ACL in 2014.

“I’m an emotional guy,” St-Pierre said. “My agents, even before I came on the

12

St-Pierre has won his last 12 fights.

show today, they briefed me. They said, ‘don’t say this, don’t say that.’ They briefed me, they said, ‘we’re in negotiations, remember, blah, blah, blah.”

“I’m not trying to go overboard with this,” he added.

“I love my sport and I still feel I’m at my best right now,” St-Pierre said on the podcast. “The clock is running. I’m not getting any younger. I’m in the peak of my career and if there is a shot, there is another goal, another run, I better do it and do it quick, because it is time to do it now.”

THE CANADIAN PRESS

UFC

Wonderboy jumps to top of rankings

Stephen (Wonderboy) Thompson has replaced Rory (Red King) MacDonald as the UFC’s No. 1 welterweight contender after his weekend win over the Canadian.

MacDonald (18-4-0) fell to No. 2 in the rankings.

Thompson (13-1-0) won a unanimous five-round decision over MacDonald, a native of Kelowna, B.C., who fights out of Montreal, on Saturday in Ottawa.

MacDonald’s future with the UFC is uncertain given the Thompson fight was the last on his current contract. He may also need surgery to repair a broken nose.

OLYMPICS IN BRIEF

Calgary invests in study for bid on 2026 Winter Games

Calgary committed up to \$5 million Monday to study a potential bid for the 2026 Winter Olympics.

Calgary’s decision window is 14 months. The Canadian Olympic Committee must submit the name of a Canadian 2026 host city to the IOC by September 2017. The IOC will announce the winner in 2019.

Calgary hosted the 1988 Winter Olympics.

THE CANADIAN PRESS

Brazil urged to implement large-scale security now

After two members of the Australian Paralympic sailing squad were robbed at gunpoint, Australia’s Olympic team leader is urging Brazilian authorities to implement Olympic-scale security now in Rio de Janeiro “before an athlete gets hurt.”

An estimated 85,000 police and soldiers will be patrolling the streets during the Olympics and Paralympics.

THE ASSOCIATED PRESS



# RECIPE Grilled Courgettes With Feta and Chilli



PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Zucchini is a surprisingly satisfying base for any vegetarian meal. Simply grilled and topped with soft feta cheese and spicy chilli, it makes a quick, hot dinner or an excellent, chilled lunch the next day.

**Ready in**  
Prep time: 10 minutes  
Cook time: 10 minutes

- Ingredients**
- 2 zucchini, sliced thinly
  - Extra virgin olive oil
  - ½ - 1 fresh chilli (red or green) finely diced
  - ½ cup Feta cheese
  - ¼ cup lemon juice
  - handful fresh mint,

finely chopped  
• Salt and pepper to taste

## Directions

**1.** Use a mandolin or vegetable peeler to thinly slice your zucchini. Heat a frying pan or a grill pan with a bit of oil until medium hot, then add the zucchini. Fry quickly for about 2-3 minutes until the zucchini soften.

**2.** Remove from the pan and spread the zucchini out on a plate.

**3.** Sprinkle the zucchini with the chopped chilli, crumbled up feta cheese, and squeeze the lemon on top. Season, drizzle with olive oil, and sprinkle the mint on top.

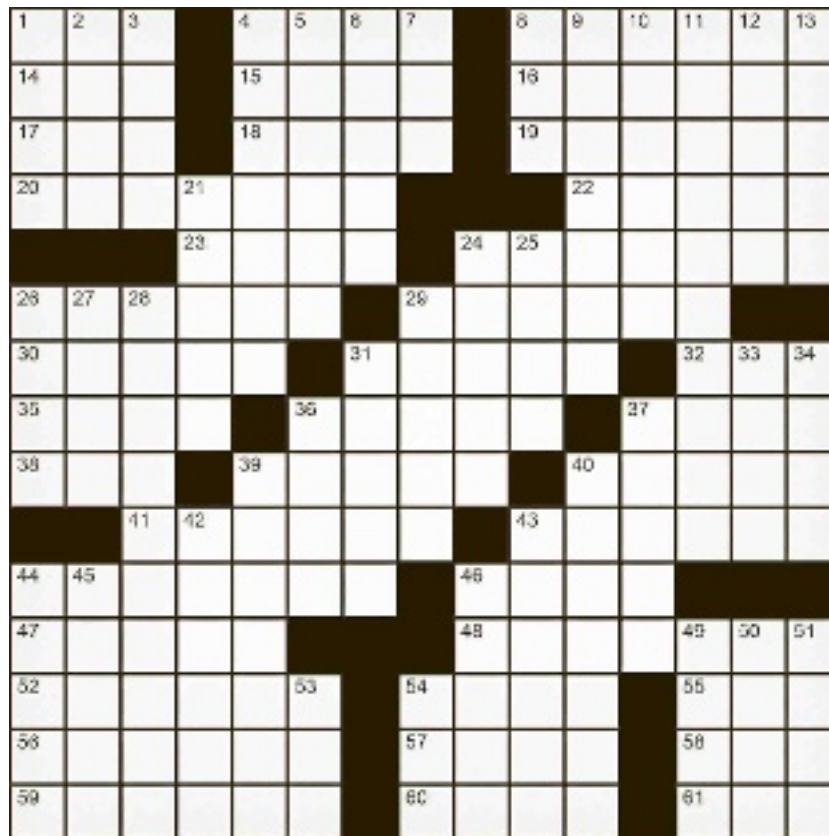
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Aristocratic assent
- Type of street, for short
- Church lecture
- Be the title holder
- River to the Ubangi
- The Plaza Hotel's fictional resident
- "\_ Smart" (2008)
- Canadian telecommunications firm
- Beaver-like rodent called a 'river rat'
- Historic village on Isle Madame in Nova Scotia
- Challenger
- Queue
- World-of-publishing professionals
- "Ta ta!": 2 wds.
- Jennifer of "Juno" (2007)
- Cracked-into-a-recipe ingredient: 2 wds.
- Non-verbally say "I don't know."
- Beatles' "Maggle \_"
- "What You Need" Australian band
- The Association's "\_ Comes Mary"
- Two-moons planet
- \_ Chi
- Soya milk holder
- Open the suitcase
- Non-noisy
- Canadian auto service company
- Bruce Springsteen & The \_ Band
- Hoax



- Kitchen cook's wear
- Sweetened in a way
- "Focus" by Ariana \_
- Sweat droplet
- "\_ Captain!"
- Behind in making that payment:

- 2 wds.
- Restaurant's pick of dishes
- CFL official
- Forever, to a poet
- Disguise the gift
- Approx.

## DOWN

- Lululemon's milieu
- Spouted water container
- Opposing
- Christine \_ Resident Chef on "The Marilyn Denis Show"
- Position the painting properly

- Uplift
- Stitch
- \_ Bernie Sanders
- Dodging
- Change, as per turns-taking
- West Edmonton Mall attraction the Crystal Labyrinth is a what?: 2 wds.

- Wickerwork material
- Approaches
- Traditional dance shoes
- Cleary currency
- Shoppers \_ Mart
- "Il \_ porter la croix!": Bit of "O Canada" in French
- Ms. White, Tony-nominated Canadian choreographer
- Canadian singer of new tune "Diamond Eyes": 2 wds.
- 1981 album by The Police: '\_ in the Machine'
- Lean
- Weather without water
- Behold
- Direction on the ocean
- Boeotian Muse of memory
- Alberta village, home of the 'World's Largest Pyrogy'
- On the \_ \_ \_ (Legitimate)
- Wrinkles wiper-outer
- Ms. Jensen (Lifestyle expert on "Cityline")
- Bird of prey
- Jack \_ (Mother Goose character)
- \_ hosiery
- Handled easily, as a ship
- Blinkers
- Adroit
- 'Carot' completer
- Premium auto maker

# ★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Guard against the temptation to promise too much to others today just because you want to please them. (And don't exaggerate, because you will be found out.) The fish was how big?

**Taurus** April 21 - May 21  
This is a good day for business and commerce. However, it is easy to go overboard today, so be careful. Don't pay too much for something.

**Gemini** May 22 - June 21  
Today you are optimistic and enthusiastic. Be careful not to overlook details today while doing everything in bold, broad strokes!

**Cancer** June 22 - July 23  
Because you feel sympathetic for others who are less fortunate today, you want to help. You might work behind the scenes using social media or some kind of publicity.

**Leo** July 24 - Aug. 23  
You'll be happy to lend your energy to charitable organizations to help the needy today. This is also a great day to schmooze with others. Have fun!

**Virgo** Aug. 24 - Sept. 23  
Your relations with others, especially in classes, meetings and groups, are upbeat and positive today. This is a good day to set long-range goals, because you are quick to see the whole picture.

**Libra** Sept. 24 - Oct. 23  
You are so smooth-talking today that you will impress parents, bosses, VIPs and the police. (They like your optimism and positive attitude!)

**Scorpio** Oct. 24 - Nov. 22  
In financial discussions, especially about inheritances and shared property, be careful about details. You might be so focused on the big picture that you overlook something small that is important.

**Sagittarius** Nov. 23 - Dec. 21  
Relations with partners and close friends are upbeat and joyful today. It will be fun to sit down with others and plan big projects.

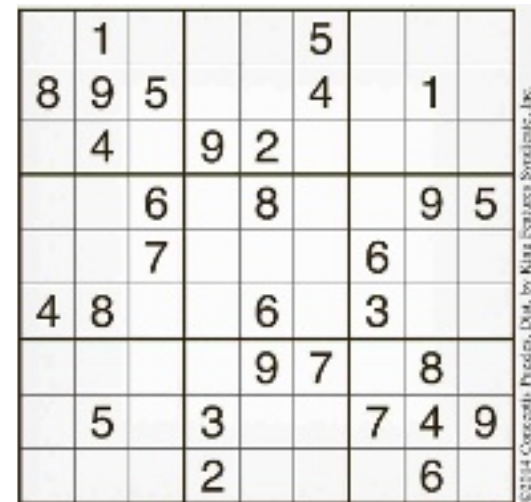
**Capricorn** Dec. 22 - Jan. 20  
To protect yourself, be reasonable in your promises to co-workers and customers at work today. Don't go overboard, which you might be tempted to do. Nevertheless, your enthusiasm is a welcome thing!

**Aquarius** Jan. 21 - Feb. 19  
You might overdo having a good time today — overeating, overdrinking and overspending! Meanwhile, romance swoons dizzily along.

**Pisces** Feb. 20 - March 20  
You've got big plans to make improvements and repairs where you live. Today is a good day for family discussions about how to improve your home.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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WITH \$0 DOWN

#### BUY IT

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<b>0%</b>	FOR	<b>60</b>	<b>+\$1,000</b>
FINANCING		MONTHS <sup>†</sup>	WELCOME BONUS <sup>Δ</sup>

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FINANCE FOR ONLY	AT	FOR	INCLUDES A
<b>\$79</b>	<b>0%</b>	<b>84</b>	<b>\$1,000</b>
WEEKLY		MONTHS <sup>†</sup>	WELCOME BONUS <sup>Δ</sup>

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